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Keep
The
War
Foods
Cooking

Department of Household Science

ILLINOIS FARMERS' INSTITUTE

Springfield



CONSERVATION

Today, Tomorrow and in
Years to Come

Learn the value and qualities of all foods and make everything of the best you can get, whatever its price, and then, every day, prepare some palatable dish without waste.

Long before the world war was upon us, Illinois women, through the Department of Household Science, have been studying the lessons which would enable them to feed their families to produce healthy bodies. Out of Illinois homes have gone the vast number of young men—perfect types of manhood—who stand in the front ranks of the Army.

Illinois' mothers have given MEN and given them to be gone until the final day of VICTORY.

While the soldiers are fighting for world peace, Illinois women are doing a mighty work in Food Production and the Red Cross. They will go "over the top" in providing food for Victory.

Many leaflets have been printed that home-makers may be better prepared to meet the real needs in setting the daily food upon the tables of Illinois.

Lest we forget a further obligation in food conservation and to make the task of preparation an easy one, some choice recipes have been culled from official Government guides; to these are added a collection of "Originals" which have been tried and are presented as being economical, nutritious, simple and good SUBSTITUTES.

DEPARTMENT OF HOUSEHOLD SCIENCE,
Illinois Farmers' Institute,

By Mrs. H. A. McKeene, Secretary.

Springfield, 1918.

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FEB 1 1919

While the war is on and our boys must fight
We here at home, with all our might
Should cook war dishes all the time,
For that's our work behind the line.

SOME FOOD QUESTIONS WITH ANSWERS.

What is Conservation?

"The preservation of our natural resources for economical use, so as to secure the greatest good to the greatest number."

Why is the homemaker asked to conserve food?

Because upon her shoulders rests the responsibility of handling and planning it for the life of the family and by serving her family well she renders patriotic service to the Nation at this time.

Why will food help win the war?

Because the army and navy cannot fight without food and the people behind the lines cannot support the army without it.

What is a substitute food?

A food similar in food value to the one we wish to save.

What are meat substitutes?

Poultry, fish, sea food, milk, cheese, eggs, nuts, cereals and legumes.

What are substitutes for wheat?

Corn, oats, rice, white and sweet potatoes, barley.

What are sugar substitutes?

Honey, maple syrup, corn syrup, sorghum molasses.

What are substitutes for butter and lard?

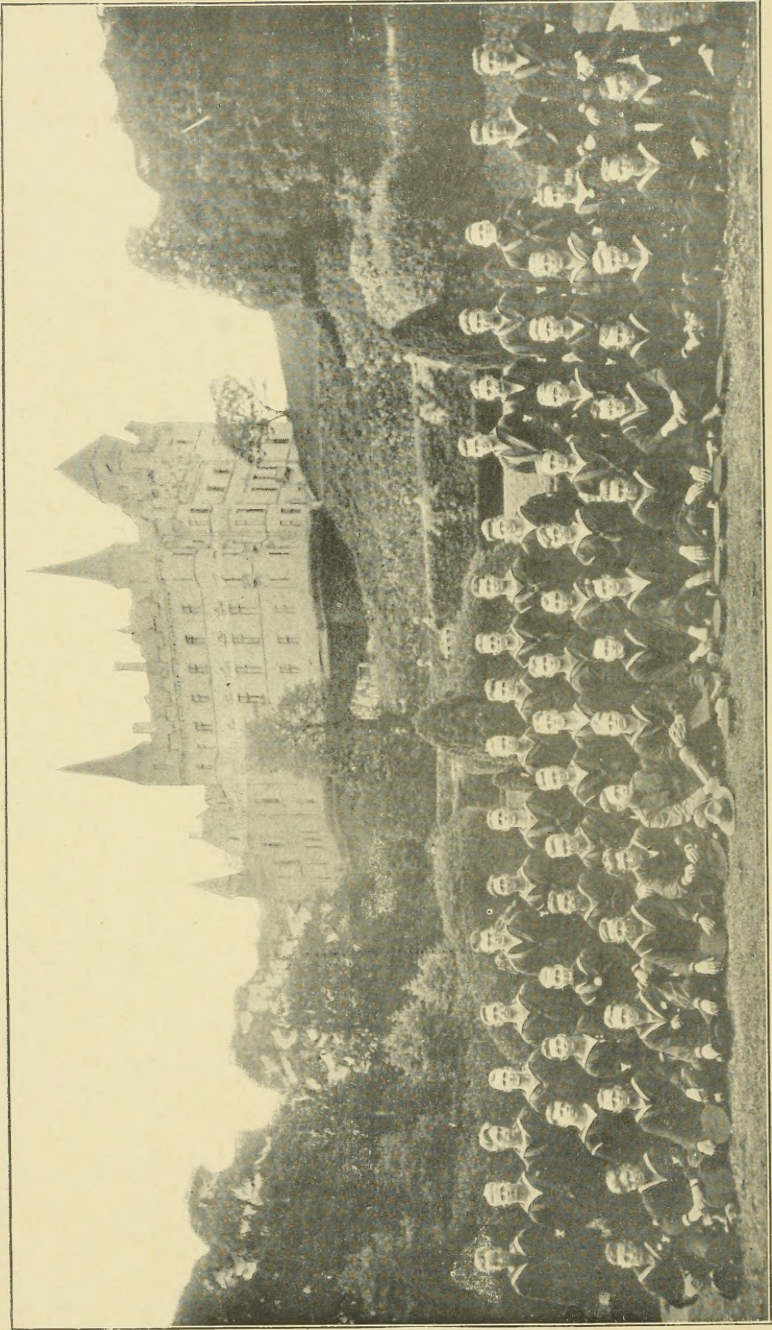
Olive oil, corn oil, cottonseed oil, meat drippings.

How can we eliminate waste?

By being careful in buying, preparing, cooking, serving and using food.

Millions of American homemakers have taken the pledge to follow directions, as circumstances demand, for war service in the home. We cannot show patriotism by cheering the soldiers as they march by, waving flags at a patriotic meeting, or standing at attention when "The Star Spangled Banner" is played with no thought or responsibility in helping to win Victory.

The homemaker who answers every call made upon her in doing what the Government asks, in keeping up the food line, is a soldier at home as much as son, husband or brother, "over there."



And they won't come back 'till it's over, over there.

MEATLESS MEATS

WHY USE POULTRY?

Poultry contains practically the same amount of nourishment pound for pound as beef, pork, or mutton. It cannot be shipped as well so will not be sent to our allies and soldiers.

Eat poultry. Make soup from the bones and tiny scraps. Make the meat go farther by combining it with rice, hominy, or vegetables in scalloped dishes and stews. Try out the fat from poultry and use it instead of lard and butter for shortening. French cooks consider poultry fat as a real delicacy in cookery.

BUYING.

In selecting poultry see that the flesh is firm, that there is a fair amount of fat underneath the skin, that the skin is whole and of a clear yellow color, and that the odor is good. Chickens and fowls have certain characteristics which make them readily distinguishable. Chickens have soft feet, a flexible breast bone, many pin feathers, and little fat, while fowls have hard scaly feet, a rigid breast bone, and long hairs over the body.

ROAST TURKEY.

Dress, wash, stuff, and truss a turkey. Rub the entire surface with salt, sprinkle with pepper and flour. Place in a covered roaster in a hot oven. When the skin begins to brown reduce the heat and add a cup of hot water to the fat that has fried out in the pan. Baste every 15 minutes with the liquid in the pan. During cooking turn the turkey often that it may brown evenly. If it browns too fast, cover with oiled paper and a damp cloth. Remove string and skewers before serving. A 9 or 10 pound turkey will roast in 3 hours.

GRAVY.

6	tablespoons turkey fat with	3	cups stock from giblets
	browned flour from roast	1½	teaspoon salt
6	tablespoons rice flour	¼	teaspoon pepper

Brown the flour in the fat, add the stock gradually, season and boil five minutes. Strain.

CHICKEN BAKED IN MILK.

Roll a disjointed chicken in flour, brown quickly in greased skillet and put in casserole. Blend two tablespoons flour with fat in skillet, add slowly 3 cups milk and cook until slightly thickened. Pour over chicken. If milk does not come to top of chicken add more. Cook in oven BELOW the boiling point until tender. Salt when half cooked. Length of cooking depends upon age of fowl but any age will be made tender cooked in this way.

CHICKEN STEWED IN MILK.

Put disjointed fowl in stew kettle, cook for a few moments in water enough to make steam. Add milk and cook at low temperature until tender. When about half done add a little more milk thickened with flour and use care that the fowl does not stick to bottom of pan. When done there should be just enough gravy to serve over the platter, or about same as a pot roast.

GOOSE SCALLOPED WITH HOMINY.

2	cups cooked goose	1½	cup gravy or white sauce
2	cups cooked hominy		Salt
¼	cup crumbs browned in		Pepper
	goose fat.		

Cover the bottom of a baking dish with hominy. Add a layer of goose meat and half the gravy, another layer of hominy, meat, and gravy. Put crumbs over the top and bake until crumbs are brown.

RABBIT EN CASSEROLE.

Dress and disjoint a rabbit. Season pieces with salt and pepper, dredge in corn flour, sear to brown in corn oil or oleomargarine. Remove and place in casserole and cover with hot soup stock, water or skim milk. Cook slowly for 2 hours or until tender.

CREAMED RABBIT.

(Left over rabbit may be used in this way). Dress and cut up rabbit. Cook the pieces until meat comes from bone. Remove from bone and cut in small pieces. For 2 cups cooked meat use about $\frac{1}{2}$ cup diced mushrooms (this may be omitted). Make a sauce by cooking 3 tablespoons corn flour in 3 tablespoons oleomargarine and then adding 2 cups stock in which rabbit was cooked. A bit of egg yolk may be used in place of a part of the corn flour as a thickening agent. Season with $1\frac{1}{2}$ teaspoons salt, pepper, $\frac{1}{4}$ teaspoon chopped parsley, and 2 teaspoons mushroom ketchup. Add meat and mushrooms and sauce. Heat and serve in pattie shells, in pie, or on corn dodgers.

RABBIT MOULD.

Dress and cut up a rabbit. Cook slowly in seasoned boiling water until meat falls from the bone. Remove rabbit. Concentrate soup stock to 2 cups. Strain and skim off fat. Decorate bottom of mold with parsley and slices of hard cooked eggs. Soak 1 tablespoon Knox gelatine in cold water and add to hot liquid. To this add the diced meat, $\frac{3}{4}$ cup diced celery, and 3 or 4 strips pimento. Pour all into a mould to set. Other diced vegetables may be added if desired. Serve with boiled salad dressing.

HEAD CHEESE.

Dress 1 hog's head or half a head if a smaller quantity is desired. Remove excess fat. Cover remainder with water and cook slowly until meat falls from the bone. Highly season the water during cooking with salt, celery salt, onion salt, a bit of bay leaf, and a bit of onion. Take from stock and concentrate the stock to $\frac{1}{2}$ its original volume. Cut meat in small pieces, some of which may be reserved for scrapple. Reheat in stock. Put in mold to cool and set.

BRAISED TONGUE.

1 beef tongue	$\frac{1}{2}$ cup celery diced
$\frac{1}{2}$ cup carrots diced	1 sprig parsley
$\frac{1}{2}$ cup onion diced.	

Cook tongue slowly in boiling water 2 hours. Take out, remove skin and roots. Place in deep pan and surround with vegetables. Add 4 cups of sauce. Cover closely and bake 2 hours, turning after the first hour.

SAUCE FOR BRAISED TONGUE.

Brown $\frac{1}{4}$ cup oleomargarine. Add $\frac{1}{4}$ cup corn flour and stir together until well browned. Add gradually 4 cups of hot water in which the tongue was cooked. Season with salt and pepper and 1 teaspoon Worcestershire sauce. $1\frac{1}{2}$ cups strained tomatoes may be substituted for part of the water.

TAMALE PIE (MEAT EXTENDER).

2 cups corn meal	1 lb. Hamburger steak
$2\frac{1}{2}$ teaspoons salt	2 cups tomatoes
6 cups boiling water	$\frac{1}{2}$ teaspoon cayenne pepper or
1 onion	1 small chopped sweet pepper
1 tablespoon fat	1 teaspoon salt

Make mush by stirring corn meal into boiling salted water. Cook in double boiler or fireless cooker $1\frac{1}{2}$ hours. Brown onion in fat, add Hamburger and stir until red color disappears. Add tomato, pepper, salt. Grease a baking dish, put in layer mush, then the seasoned meat, and then another layer of mush over the top. Bake 30 minutes.

BEEF STEW.

- | | | | |
|---------------|--------------------------|---|--------------------------|
| 1 | pound beef | 1 | cup carrots cut up small |
| 4 | potatoes cut in quarters | 1 | teaspoon salt |
| $\frac{1}{4}$ | peck peas or 1 can | | |

Cut the meat in small pieces and brown in the fat from the meat. Simmer in 2 quarts of water for 1 hour. Add the peas and carrots and cook for one-half hour, then add the potatoes. If canned peas are used, add them 10 minutes before serving. Serve when potatoes are done.

DIFFERENT STEWS.

Here is the way you can change the stews to make them different and to suit the season:

1. The meat.—This may be any kind and more or less than a pound may be used. Use the cheap cuts, the flank, rump, neck, or brisket. The long, slow cooking makes them tender. Game and poultry are good.
2. Potatoes and barley may be used or barley alone, or rice, hominy, or macaroni.
3. Vegetables.—Carrots, turnips, onions, peas, beans, cabbage, tomatoes are good, canned or fresh. Use one or more of these, as you wish.
4. Parsley, celery tops, onion tops, seasoning herbs, or chopped sweet peppers add to the flavor.
5. Many left-overs may be used—not only meat and vegetables, but rice or hominy.

HOW TO COOK THE STEWS.

All kinds of stews are cooked in just about the same way. Here are directions which will serve for making almost any kind.

Cut the meat in small pieces and brown with the onion in the fat cut from the meat. Add the salt and pepper, seasoning vegetables (onion, celery tops, etc.), 2 quarts of water, and the rice, or other cereals, if it is to be used. Cook for an hour, then add the vegetables except potatoes. Cook the stew for half an hour, add the potatoes cut in quarters, cook for another half an hour, and serve.

The fireless cooker may well be used, the meat and the vegetables being put in at the same time.

Left-overs or canned vegetables need only to be heated through. Add them 15 minutes before serving.

Dried peas or beans should be soaked over night and cooked for 3 hours before adding to the stew; or, better, cook them over night in a fireless cooker.

MEAT PIES.

Another good way to use a little meat. Have you ever used rice, corn-meal mush, or hominy for a crust? This is less work than a pastry crust and saves wheat.

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|---|--|---------------|--|
| 4 | cups cooked corn meal, rice,
or hominy. | $\frac{1}{8}$ | teaspoon pepper. |
| | | 1 | tablespoon fat. |
| 1 | onion. | 1 | pound raw meat or left-
over meat cut up small. |
| 2 | cups tomato. | | |
| | | $\frac{1}{2}$ | teaspoon salt |

Melt the fat, add the sliced onion, and, if raw meat is used, add it and stir until the red color disappears. Add the tomato and seasoning. If cooked meat is used, add it with the tomato and seasoning, after the onion is browned, and heat through. Grease a baking dish, put in a layer of the cereal, add the meat and gravy, and cover with the cereal dotted with fat. Bake for half an hour.

COTTAGE PIE.

(Use of left-over meat.) Cover the bottom of an oiled baking dish with seasoned mashed potatoes. Add a thick layer of creamed meat or bits of meat moistened with skim milk or meat stock. Cover with mashed potatoes. Bake long enough to heat through.

CREAMED WIENERS.

2 cups white sauce No. 2. ½ lb. wieners.

Sauce:—2 tablespoons flour, 2 tablespoons butter to one cup milk. Skin and dice wieners, add to white sauce and let stand on back of stove ten minutes before serving. Good with baked potatoes.

KIDNEY BEANS WITH MEAT.

2 cups diced meat. 2 cups beans.
2 cups brown sauce (usually Salt.
called gravy). Heat and serve on toast.

A SHEPHERD'S PIE.

Grease a baking dish; cover the bottom with mashed potatoes. Add a layer of cooked minced meat or fish, seasoned well and mixed with meat stock or gravy. Cover with mashed potatoes. Bake long enough to heat through—20 to 30 minutes.

LIBERTY STEW.

1 onion. 1 slice bacon.
1 green pepper. ½ lb. Liberty steak (ground)
2 cups spaghetti. 1½ teaspoon salt.
2 cups tomato juice and pulp. ⅛ teaspoon thyme.

Cut bacon in small pieces and fry out fat. Brown the sliced onion in bacon fat, then add the steak and cook until the meat has lost its red color.

Cook spaghetti and pepper in tomato juice, adding water if needed. When the spaghetti is cooled combine it with the meat mixture and seasoning and simmer until ready to serve. Left over meat may be used instead of Liberty Steak. Flake hominy is as satisfactory as spaghetti and saves wheat.

“OVER THE TOP” WITH BREAD**THE STANDARD LOAF.**

1 cup liquid (milk or water). 3 cups flour.
1 teaspoon salt. ¼ cake yeast in ¼ cup luke
1 tablespoon sugar. warm water.
1 tablespoon fat.

Heat liquid to the boiling point and put in mixing bowl. To this add sugar, salt and fat. When cooled to lukewarm add the yeast which has been soaking in the water. Add enough flour to make a stiff batter that will drop from a spoon, and beat thoroughly. Add remainder of flour to make a stiff dough. (Sometimes it requires a little more and sometimes less than 3 cups).

Knead for about 10 minutes, or until dough is smooth and elastic. Cover the bowl and set to rise in warm place with even temperature, (about 78 to 86 degrees F.). When double in bulk knead well to make even distribution of gas and good grain.

Mold into loaf which will fill pan about half full and put in greased pan. Rub over top of loaf with a little melted fat. Let loaf rise until a light touch with the finger will make a dent in the dough or about double in size. Bake for 45 minutes to 1 hour in a moderate oven. This makes a loaf weighing about one pound. A good sized pan is 4x8x3.

For war bread substitute rye flour, corn meal, oat meal, rice flour, potato flour, barley flour, bean flour, etc.

USING SUBSTITUTES.—It is necessary to use part wheat flour with yeast breads for the substitutes have no gluten (stretch). One measure of substitute flour to 2 or 3 of wheat flour makes a very good loaf. Do not let the dough rise much more than three fourths its volume. When put in pan to bake let rise a little more than three fourths. Bake 10 to 15 minutes longer to be sure there is no soggy center in the loaf.

CORN BREAD.

(1)	(2)
2 cups corn meal.	2 cups corn meal.
2 cups sweet milk (whole or skim).	2 cups sour milk.
4 teaspoons baking powder.	1 teaspoon soda.
1 tablespoon sugar.	1 tablespoon sugar.
2 tablespoons fat.	2 tablespoons fat.
1 teaspoon salt.	1 teaspoon salt.
1 egg (may be omitted).	1 egg (may be omitted).

Mix dry ingredients. Add milk, well-beaten egg, and melted fat. Beat well. Bake in shallow pan for about 30 minutes.

SPOON CORN BREAD.

1 cup corn meal.	1 teaspoon salt.
1 teaspoon baking powder.	2 tablespoons shortening.
1 cup milk.	2 eggs.
1½ cups water.	

Mix the meal with milk and boiling water, heat gradually, and simmer 5 minutes over fire or 10 minutes in double boiler. Remove from stove, add salt, shortening and well beaten yolks; then cool slightly and fold in the stiff whites of eggs and baking powder and pour into greased dish. Bake in rather hot oven 30 minutes and serve from dish at once.

CEREAL GEMS.

Even quantities of flour and softened cooked breakfast food. 1 teaspoon baking powder to a cup of material and add enough milk to make batter which will just drop from spoon. Mix thoroughly and bake in hot greased gem pan 20 minutes.

POTATO BISCUIT.

2 cups flour (1 barley and 1 white).	1 teaspoon salt.
1 cup potato.	2 tablespoons shortening.
4 teaspoons baking powder.	1 cup milk.

Sift dry ingredients. Pass potato (cooked) through a ricer. Add potato, shortening and milk. Cut in with a knife. Toss on a floured board and pat out with hand to about one-half inch thickness. Cut out and bake in a hot oven 15 minutes.

MUSH ROLLS.

1 cake compressed yeast in ¼ cup lukewarm water.	2 tablespoons corn syrup.
1 egg.	1 cup corn meal mush.
½ cup milk.	Flour for stiff dough (about cup).
1 teaspoon salt.	

Dissolve the yeast in the lukewarm water. Mix the dissolved yeast, salt, syrup, beaten egg, milk and mush. Add white flour to make a stiff bread dough. Knead well. Let rise in a warm place until double in bulk and knead again. When light, roll on floured board until dough is ½ inch thick. Spread with butter, fold like Parkerhouse Rolls. When the rolls have risen to twice their size bake 25 to 30 minutes in moderately hot oven. (About 100 rolls.)

COMBINATION MUFFINS.

1 cup corn meal.	4 teaspoons baking powder.
½ cup rye flour.	1 teaspoon salt.
½ cup bran.	1 tablespoon sugar (or syrup).
1 egg.	1 tablespoon melted fat.
1 cup milk.	

Mix and sift dry ingredients. Add egg and milk beaten together. Add shortening last. Bake in muffin tins 25 to 30 minutes. This makes 16 muffins.

CORN MEAL BREAD.

1¼ cups liquid.
1½ teaspoons salt.
⅔ cup corn meal.

¼ yeast cake, dry or compressed, in ¼ cup lukewarm water.

2½ cups flour.

Pour liquid over the corn meal and salt. Heat to the boiling point. Cook 20 minutes in double boiler or over hot water. Cool, add yeast and flour. Knead, let rise until double in bulk. Knead again, shape into loaf and let rise in pan until the bulk has again doubled. Bake 50 minutes.

OATMEAL BREAD.

1 cup liquid.
1 teaspoon salt.
1 cup rolled oats.

¼ cake yeast in ¼ cup lukewarm water.

2½ cups white flour.

Scald the liquid, add salt and pour over the rolled oats. Cool slowly letting it stand ½ hour. Add yeast and sifted flour, knead and let rise until double in bulk. Knead again, let rise in pan until light. Bake in a moderate oven from 50 to 60 minutes.

If long process bread is made, the rolled oats need not be scalded, but may be added directly to the sponge.

OATMEAL MUFFINS.

⅔ cup rolled oats.
1 cup scalded milk.
3 tablespoons sugar.
½ teaspoon salt.

2 tablespoons melted fat.
1½ cups flour.
1½ tablespoons baking powder.
1 well beaten egg.

Add scalded milk to rolled oats and let stand 30 minutes. Add sugar, salt and melted fat, the flour sifted with the baking powder. Mix ingredients. Add the well beaten egg and beat the mixture thoroughly. Drop by spoonful into well greased muffin tins and bake from 25 to 30 minutes in a moderately hot oven.

BARLEY COOKIES.

1 cup corn syrup.
¾ cup shortening.
3 eggs.
1 teaspoon soda.

¼ cup cold water.
¼ teaspoon salt.
1 cup raisins.
Barley flour.

Mix the corn syrup, shortening and salt. Add part of the flour the soda dissolved in cold water and the well beaten eggs. Add the raisins and just enough barley flour to make a drop cooky. Drop by teaspoonfuls in a greased pan. Bake 10-12 minutes in a moderately hot oven. (Abbott).

AUNT MAG'S COOKIES.

2 cups sugar.
1 cup butter.
½ cup sour milk.
1 teaspoon soda.

2 eggs.
1 teaspoon grated nutmeg
(or vanilla).

Use enough flour to make a soft dough, handle lightly, roll very thin and cut as other cookies. Bake in quick oven.

OATMEAL DROP COOKIES.

1¾ cups flour.
2 cups rolled oats.
½ cup brown sugar.
¾ teaspoon cinnamon.
¾ teaspoon salt.
½ teaspoon cloves.
¼ teaspoon nutmeg.

2½ teaspoons baking powder.
½ cup corn syrup.
¾ cup milk.
½ cup melted fat.
¾ cup raisins, seeded and cut into halves.

Sift together the flour, salt, spices and baking powder; add raisins and oatmeal. To the corn syrup add melted fat, add milk and brown sugar. Add liquid mixture gradually to the dry ingredients. Stir well. Drop by small teaspoonful on greased baking sheet.

Next Breads

The best results are obtained when one-half or two-thirds bread flour is used in wheat breads. The wheat substitutes best adapted to bread making are the best corn flours, particularly the rolled oats.

The gluten of wheat in flour mixtures performs two important functions: (1) it binds the particles together; (2) it gives lightness because it can hold in the gas of leavening agents. The substitute flours contain less gluten than wheat flour. For this reason, usually some wheat flour is used with other flours.

WHEAT AND WHEAT
Breadmaking Flour


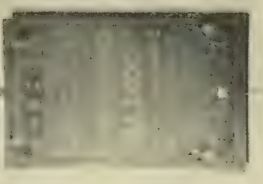


EXHIBIT OF EMERGENCY BREAD.

Commixed may be used for one-third or one-half the meal must be substituted.

CONSERVATION MEAL PRESERVATION



Old King Corn is wheat. He makes good bread. Or cakes instead. So we don't need wheat again.

1/2 Rye
1/2 Wheat
Calories 1595
Protein 4.6%

Use Emergency Bread

Rolls Oats
1/2 Wheat
Calories 1200
Protein 4.6%

Use molasses instead of sweet bread

Chocolate, Raisins, Spice Dates, Molasses, nuts
Use any strong flavor to the flour
Use any nuts

Use any nuts with doughnuts

EMERGENCY BREAD
3/4 OR 1/2 WHITE FLOUR

EMERGENCY BREAD
IF you have good recipes for bread, make them conform to food conservation by omitting what is not needed and by using what is available.

EMERGENCY BREAD
ITS GOOD TASTE AND NUTRITION IS THE BEST

Wheat Cakes 1200
Calories 1200

The use of good wheat substitute will save 1/2 lb. of wheat flour.

Bake about 15 minutes in a moderate oven (195° C to 210° C). This makes about 72 cookies.

APPLE SAUCE CAKE.

1 cup sugar.	1¾ cups flour.
½ cup shortening.	1½ cup raisins.
1 salt spoon salt.	More fruit if desired.
½ teaspoon ground cloves.	1 teaspoon soda dissolved in
½ teaspoon grated nutmeg.	a little water.

Put soda in 1 cup unsweetened apple sauce and let foam. Bake 45 minutes. This is a good and wholesome war cake.

VEGETABLES

Do you eat them every day, many kinds? Cook them so they will be refreshing and palatable, and your family will call for them over and over again.

Use all kinds of vegetables—whatever is grown in your own garden or what can be bought in the market. Vegetables are plentiful this summer, for all over the country people have made war gardens. No one can afford to miss using vegetables; they mean vigor and health for the body. Use what you can while they are fresh and at their best and if you have more than you can use now, can, dry or preserve them in other ways for winter.

Use lettuce, onions, cabbage, cauliflower, chard, spinach, Brussel's sprouts and others like them. These come along all through the summer and fall. They give iron, lime and other minerals to build the body and keep it in repair. They supply the substance to make children grow and keep healthy.

If you live in the country gather wild greens, which are just as good as those grown in the garden. In the city, too, dandelion, wild mustard, lamb's quarter and wild lettuce can be found.

Don't throw away tender beet tops, onion tops, turnip or radish tops.

Use potatoes, sweet potatoes, Lima beans, green corn, green peas, onions, carrots, squash, green beans. Such vegetables give fuel, besides the minerals and some of them give protein. They are meat and wheat savers. With the right vegetables served less bread can be used.

Remember the many good things vegetables do for the body: they help keep the blood pure, and the whole body in good condition, and besides all these, think how appetizing they are—crisp lettuce, sweet juicy beets, tender peas, celery, beans, corn, tomatoes—all sorts of flavors and textures to lend variety to meals.

POINTS TO REMEMBER IN COOKING FRESH VEGETABLES.

Vegetables just out of the garden taste best when simply cooked—steamed, boiled or baked—and served with a little salt, butter, milk or cream. Often a heavily-seasoned sauce covers up the more desirable vegetable flavor.

Overcooking of vegetables impairs their flavor. Very delicate flavors are destroyed, while vegetables with strong flavors, such as cabbage or onions, become disagreeably strong if cooked too long. Overcooking also destroys the attractive color of some vegetables.

Cook summer vegetables as soon after they are gathered as you can, in order to preserve the flavor. If they must be kept over, keep in the ice box or some other cool place.

Let wilted vegetables soak in cold water to freshen them. If vegetables must stand after paring, covering with cold water will prevent wilting and discoloration.

Before cooking, put head vegetables and greens in cold water for an hour, with one tablespoon of vinegar, to remove insects, then wash very carefully.

Drain all boiled vegetables as soon as tender—they become soggy if they are allowed to stand undrained after cooking. The water drained off may be saved for soup stock.

Most vegetables should be cooked in a small amount of water, because a part of the mineral salts dissolves out into the water, and is lost if the water is thrown away. Cook whole when possible.

Tender spinach or lettuce leaves require no added water for cooking. If thoroughly washed, enough water will cling to the leaves to prevent their burning.

Delicately-flavored vegetables should be steamed or cooked slowly in a small amount of boiling water until tender and the water boils away.

Strong-flavored vegetables may be cooked uncovered in a large amount of rapidly-boiling water, and the water changed several times during cooking.

Starchy vegetables should be put on to cook in a sufficiently large amount of boiling water to cover them. Boil gently, and keep kettle covered.

POTATOES FOR PATRIOTS.

They are real Americans and serve here as home guards. They are good fuel. They furnish starch which burns in your muscles to let you work, much as the gasoline burns in an automobile engine to make the car go.

POTATO SAUSAGES.

- | | | | |
|---|-----------------------------------|----|-----------------------------------|
| 1 | cup mashed potatoes. | 1½ | teaspoons salt. |
| 1 | cup ground nuts, fish or
meat. | ½ | teaspoon pepper. |
| 1 | egg, well beaten. | | Salt pork, bacon or other
fat. |

Mix the mashed potatoes and seasonings with the ground nuts, fish or meat. Add beaten egg. Form into little cakes or sausages, roll in flour and place in greased pan with a small piece of fat or salt pork on each sausage. Bake in a fairly hot oven until brown.

POTATOES IN CHEESE SAUCE OR WALDORF POTATOES.

To one-half cup white sauce, add two to four tablespoonsful of grated cheese, depending on cheese and flavor desired. To each one-half cup of sauce, add one cup boiled potatoes cut in cubes. Heat carefully without boiling. Cheese may be omitted and chopped parsley used.

CREAMED POTATOES.

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|---|-------------------|---|------------------------------------|
| 2 | cups white sauce. | 6 | medium-sized cooked pota-
toes. |
|---|-------------------|---|------------------------------------|

Make white sauce by mixing 4 tablespoons flour with a little cold milk, add remainder of the milk, and cook until it boils, stirring constantly.

Add 1 to 2 tablespoons fat, and ½ teaspoon of salt. Pour white sauce over potatoes, reheat and serve hot.

NOTE—Almost any cooked vegetable may be creamed in this same way.

Examples: Cauliflower, onion, cabbage and carrots.

POTATO AU GRATIN.

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|---|---|---|-------------------|
| 6 | medium-sized boiled or
steamed potatoes. | 2 | cups white sauce. |
| | ½ cup grated cheese. | ½ | cup crumbs. |

Put a layer of boiled potatoes in a greased baking dish. Cover with ½ of white sauce and ⅓ cheese. Repeat, making three layers, cover with crumbs and bake ½ hour in moderate oven.

NOTE—Oak Hill potatoes are prepared by substituting slices of hard cooked eggs for the cheese in the above recipe for potatoes au gratin.

POTATO NESTS.

Make mashed potatoes into nests, brush with beaten egg and brown quickly. The nests may be filled with grated cheese or creamed fish, chicken, etc. Garnish and serve hot.

POTATO FISH LOAF.

1 pint mashed potato.	Pepper.
1 cup cooked fish, chopped.	$\frac{1}{2}$ cup milk.
Salt.	2 tablespoons fat.
2 eggs.	

Mix the potatoes, fish and seasonings. Add the milk, beaten eggs and melted fat. Place in a greased pan and bake in a moderate oven from twenty-five to thirty minutes.

CARROTS AU OTTEN.

6 good-sized carrots.	1 cracker.
2 inch cube of cheese.	$\frac{1}{2}$ cup sauce.

Scrape carrots and dice. Cook in salted boiling water until tender using enough water to have $\frac{1}{2}$ cup of liquid left.

Pour water off the cooked carrots, and make sauce by melting 1 tablespoon each of butter and flour, then add the hot water from carrots and stir constantly until thick. Put a layer of carrots in baking dish, grate part of the cheese over top, add another layer of carrots and cheese. Pour sauce over top of dish, sprinkle cracker crumbs last and bake in hot oven about 30 minutes.

STUFFED PEPPERS.

Cut peppers in half or cut a slice from the top. Remove seeds and parboil ten minutes. Stuff with a creamed vegetable, e. g., celery or corn, or a mixture of bread crumbs, cold meats, vegetables and seasonings. Bake in a moderate oven for thirty minutes.

Egg plant, tomatoes, and other vegetables may be stuffed in the same way.

EGG PLANT.

Pare an egg plant, cut in one-fourth inch slices and soak in cold salted water. Drain, and dry between towels. Sprinkle with salt and pepper, dip in batter, or dip in flour, egg, and crumbs, and sauté in hot pan.

SCALLOPED CABBAGE.

Put a layer cooked cabbage in a greased baking dish. Cover with a layer of white sauce. Repeat, making three layers of each. Cover with crumbs and bake 30 minutes in moderate oven.

NOTE—Any cooked vegetable may be used instead of cabbage. Grated cheese may be added to the white sauce if desired.

NOTE—Crumbs used on top of scalloped dishes will brown more satisfactorily if mixed with melted fat or oil in the proportion of 1 teaspoon of fat to $\frac{1}{2}$ cup of crumbs.

EGG SUGGESTIONS

CREAMED EGGS.

3 hard boiled eggs.	1 cup cream sauce.
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Slice eggs on platter, cover with sauce. Garnish with very small bits of parsley and pimento strips.



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of Charlemagne Cooks

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BAKED EGGS.

- 6 eggs. ½ teaspoon salt.
2 cups cheese sauce.

Put half the sauce into greased baking dish, drop eggs into sauce, sprinkle with salt then cover with remainder of sauce. Set in pan of boiling water and bake until eggs are set.

SCRAMBLED EGGS WITH MUSH.

- 2 eggs. ¼ cup milk.
2 tablespoons mush. Salt.

Beat eggs lightly, add mush and milk and cook quickly as plain scrambled eggs. Serve immediately.

DILLIFIFFI TOAST.

- 2 cups white sauce, (No. 1). 1 teaspoon salt.
3 hard cooked eggs.

Add salt and chopped whites of eggs to the sauce; pour over hot toast. Rub egg yolks through sieve and sprinkle over top of toast. Garnish with parsley.

ESCALLOPED EGGS AND COTTAGE CHEESE.

- 6 hard boiled eggs. 1 cup cream sauce.
½ cup cottage cheese. 1 sweet red pepper in strips.

Cut eggs in quarters and put about ¼ of the amount in buttered baking dish. Cover with sauce into which the cottage cheese has been folded and sprinkle over it a layer of the sliced pepper. Repeat until dish is full. Sprinkle crumbs on top, dot with butter substitute and brown in hot oven.

The recipes upon this leaf
Are not of such great cost,
So try them when your day is brief
There'll be no labor lost.

WAR TIME SALADS**FRENCH DRESSING.**

- 3 tablespoons oil. 1 teaspoon salt.
1 tablespoon vinegar or ½ teaspoon paprika.
lemon juice. Onion juice (if desired).

Have ingredients cold and mix thoroughly.

COOKED DRESSING.

- 1 teaspoon salt. 2 egg yolks or 1 whole egg.
1 teaspoon mustard. 1½ tablespoons melted butter
cayenne. substitute or oil.
¾ tablespoon cornstarch. ½ cup milk.
3 tablespoons vinegar.

Mix dry ingredients. Add yolks of eggs slightly beaten, butter substitute, milk and vinegar, very slowly. Cook over hot water until mixture thickens. Strain and cool.

LIMA OR KIDNEY BEAN SALAD.

- 2 cups cold boiled beans. 1 shredded green pepper.
½ cup diced celery. 1 small onion.
1 cup broken nut meats. Salt.

Pour over mixture French dressing or any cooked salad dressing. Let stand 30 minutes in cold place. Serve on lettuce.



CARROT SALAD.

1 cup ground raw carrots. ½ cup walnut meats (chopped
1 cup finely diced celery. fine).

Mix with cooked dressing, or serve on individual plates with dressing poured over. Serve on bed of green.

COTTAGE CHEESE.

Cottage cheese and pimentoes in green pepper rings.

Cottage cheese and ground nuts on lettuce.

Cottage cheese made into balls (bird eggs). Dot with paprika and serve three in nest of green, spinach, parsley or lettuce.

Cottage cheese in balls and placed on slice tomato. Put on top a stiff salad dressing. Serve on lettuce leaf and garnish with stuffed olives and yolk of hard boiled egg.

APPLE RINGS.

Pare and core two apples. Put in salted cold water for a few moments. Slice apples and place three rings on each plate of lettuce. Put maraschino cherry in each center. Thin salad dressing over salad. (Serves four).

PRUNE SALAD.

Prunes.

Nuts or cream cheese.

Soak prunes and cook until soft. Remove stones and fill prune with nuts or cream cheese. Serve on lettuce with mayonnaise, cooked or French dressing.

FRUITS

Fruits, like vegetables, can and should form a considerable portion of the food of the American people. They furnish starch and sugar, as well as mineral salts

The general principles of vegetable cookery apply to the cooking of fruits. Custom has established the practice of using many fruits without cooking or of serving them as sauce. Neither of these methods involves a loss of food materials.

STUFFED DATES.

Use the best dates, remove the stones. Fill with peanuts, walnuts, hickory nuts, or any nuts available. Peanut butter makes a good filling, that is different. Press the dates in shape and roll in chopped nuts, cocoanut, mixture of cocoa and powdered cinnamon.

STUFFED PRUNES.

Steam 1 pound prunes and remove stones. Stuff part of the prunes, each with another prune, stuff other with chopped nuts, or stuff with mixture of 1 cup each raisins and walnuts and a few candied cherries. Another suggestion is to stuff prunes with stiff orange marmalade.

APRICOT AND PRUNE MARMALADE.

2 pounds prunes. 1 cup corn sirup.
1 pound dried apricots. ¾ cup sugar.
Juice and rind of 1 orange.

Cook apricots and prunes separately until soft. Remove prune stones and put fruit through meat grinder. Cook together with sugar until thickened, cool and add the orange.

APRICOT AND PINEAPPLE MARMALADE.

1 lb. dried apricots. 1 can grated pineapple (25c).

Wash apricots thoroughly, soak in just enough water to cover. When soft put through meat grinder or chop fine. Add grated pineapple and mix. To each cup of the mixture add ½ cup corn sirup and ½ cup of sugar. Cook until it thickens.

APPLE-RAISIN MARMALADES.

To one cup ground seeded raisins add one cup chopped apples and one cup water. Cook until thickened. A little orange and lemon juice and grated rind may be added, if liked. Cooked dried fruits, as apricots, pears, peaches, or prunes may be used in combination with the ground raisins in any proportion desired, and three fruits combined as apricots, apples, and raisins.

CANTEEN WORK**BOILED DRESSING.**

8	tablespoons butter.	Mix together in bowl the following:
12	tablespoons flour blended with butter.	4 teaspoons salt.
4	cups milk, boil five minutes stirring carefully.	4 teaspoons sugar.
		4 teaspoons mustard.
		2 teaspoons paprika.
		1 cup vinegar.

Add to cooked mixture, allow to come to boiling point. Remove from fire (to reduce temperature). Add 4 well beaten eggs, put back on fire and cook at low temperature until thick.

In using rice flour, or cornstarch, as substitute, 8 tablespoons flour. If corn oil in place of butter 6 tablespoons. Measurements all level and standard measuring cup.

HAM SANDWICHES.

- 6 ounces butter ($\frac{3}{8}$ of a lb.). 2 tablespoons mustard.
1 lb. thinly sliced ham. Cream butter and mustard.
Cut 20 slices of bread on table, spread one side, divide mixture on 20 slices, spread, arrange ham same way, cover and label.
Wrap sandwich carefully in oiled paper.

20 MINCED HAM SANDWICHES.

- 40 slices bread. $\frac{1}{2}$ lb. boiled ham.
6 ounces butter. $\frac{3}{4}$ cup salad dressing ($\frac{3}{4}$ cup
is 12 tablespoons).

Put butter and ham through grinder together and add dressing to ground mixture. Divide entire mixture on 20 slices of bread, cover with other and wrap.

20 MINCED CHEESE SANDWICHES.

- 40 slices bread. $\frac{3}{4}$ cup dressing.
6 ounces butter.

Mix cheese and butter through grinder, add dressing, finish as for minced ham sandwiches.

20 NUT AND CHEESE SANDWICHES.

- 40 slices bread. 1 cup dressing.
 $\frac{1}{4}$ lb. cheese.

Put cheese, butter and nuts through grinder, spread as for other sandwiches.

20 FRUIT AND NUT SANDWICHES.

- 40 slices of bread. $\frac{1}{2}$ teaspoon salt.
1 cup dates. 3 tablespoons lemon juice.
 $\frac{3}{4}$ cup figs. $\frac{1}{2}$ cup corn syrup. (Leave out
 $\frac{1}{4}$ cup raisins. syrup for home use).
 $\frac{1}{2}$ cup peanut butter.

Put figs, dates, raisins through grinder, add salt, butter, lemon juice and syrup. Spread as other sandwiches.

20 BEAN SANDWICHES.

- 40 slices bread. 1 cup cooked beans.
6 ounces butter. $\frac{3}{4}$ cup dressing.

Put beans and butter through grinder together. Add dressing and spread on 20 slices of bread, cover and wrap carefully.

CREOLE RICE WITH CHICKEN.

- | | | | |
|---------------|-----------------------------|---|--------------------------------|
| 2 | cups cooked rice. | 1 | cup peas. |
| 2 | cups chicken gravy. | 1 | minced onion. |
| $\frac{1}{2}$ | cup tomato pulp. | | Cook all together ten minutes. |
| 2 | cups diced, cooked chicken. | | |

POULTRY WITH PEAS.

- | | | | |
|---|------------------------------------|----------------|-------------------------|
| 1 | cup cold chicken, duck, or turkey. | 2 | tablespoons rice flour. |
| 1 | cup canned peas. | $1\frac{1}{2}$ | cups skimmed milk. |
| 2 | tablespoons fat. | | Salt, pepper. |

Melt fat, add the flour, beat until brown. Add the milk gradually until thick. Add the chicken with peas, seasoning.

BEAN CROQUETTES.

- | | | | |
|---|-----------------------------------|---------------|-------------------|
| 1 | cup bean puree. | $\frac{1}{2}$ | cup milk. |
| 1 | tablespoon onion or green pepper. | 1 | cup bread crumbs. |
| 1 | teaspoon fat. | 1 | egg. |

Make into croquettes and fry in deep fat.

SCALLOPED SALMON AND MACARONI.

Place alternate layers of salmon and cooked macaroni in a baking dish, cover with cream sauce and bake in hot oven 30 minutes.

Cold boiled potatoes, hominy or noodles may be used in place of macaroni.

VICTORY MUSH.

- | | | | |
|---|---------------------|---|----------------|
| 1 | cup corn meal. | 1 | teaspoon salt. |
| 3 | cups boiling water. | | |

Sauce—1 tablespoon butter (or substitute), 1 tablespoon flour, 1 cup milk, 1 inch cube cheese. Make as ordinary cream sauce.

Put water in double boiler and stir in corn meal slowly, stirring until the mixture thickens and is smooth. Cook to very thick mush. Turn mush on platter and pour over it cream sauce with grated cheese. If desired a hard boiled egg may be chopped fine and used in the sauce without the cheese. Garnish with sprigs of parsley and small pieces of pimento.

MACARONI SPECIAL OR "GOULASH."

Cook 1 cup macaroni in boiling (salted) water 30 minutes. Remove from fire, drain. To the cooked macaroni add 2 cups cooked kidney beans, 2 cups minced chicken, or beef, 2 tomatoes (or $\frac{3}{4}$ cup) 1 large mango pepper. Cook all fifteen minutes.

FISH FLAKE ENCASSEROLE.

- | | | | |
|---|-----------------------------|---------------|-------------------|
| 2 | cups fish or fish flakes. | 2 | cups cooked rice. |
| 2 | cups tomato pulp and juice. | $\frac{1}{4}$ | cup fat. |
| 2 | green peppers. | | Salt, pepper. |
| 1 | small onion. | | |

Cut peppers and onion in small pieces. Mix all the ingredients thoroughly and bake 40 minutes in a well greased baking dish.

SCALLOPED HOMINY.

Arrange alternate layers of boiled coarse hominy and minced meat or fish or grated cheese. Pour over all a cup of white sauce and bake for 30 minutes.

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